

March / April 2022

West Linn Adult Community Center

The Center enriches the lives of those 50 and better in the West Linn and surrounding areas by providing social, recreational, health and educational services and programs.

CONNECT, SERVE, GROW.

CITY OF
**West
Linn**

PARKS & RECREATION
Adult Community Center

1180 Rosemont Road
West Linn, OR 97068
503-557-4704

www.westlinnoregon.gov/parksrec

NEWSLETTER



West Linn Adult Community Center Newsletter

Staff:

Tiffany Carlson, *Recreation Coordinator*
Meghan Matthies, *Recreation Coordinator*

Location WLACC:
1180 Rosemont Road
West Linn, OR 97068
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c/o City Hall,
22500 Salamo Road,
Ste. 1100, West Linn,
OR 97068



Wig Out Winners at the Oregon Festivals and Events Conference

We are eager for this new season and having some sun break in the last few weeks has been a welcome sign of good things to come. We've welcomed new volunteers to the front desk and have met so many new faces these last few months. We hope you will look through this newsletter and find a new class, event or trip to attend.

One of the best parts of working at the Community Center is seeing all the talent our volunteers have to offer. One of our long time volunteers, Kathleen Atkins, will be offering art classes that feature drawing and different painting mediums.

We will have more information in this newsletter and at our front desk.

We are also excited to offer Zumba Gold classes! These senior friendly, dance aerobic classes are so much fun! Check out the information for this class on the enclosed flyer.

We had the pleasure of trying a new caterer for our Valentine's Day lunch! Please welcome Alison from Baker's Dozen! We are excited for our St. Paddy's lunch with her on March 16th and then beginning weekly meals every Wednesday.

Meghan and I had the pleasure of attending a Parks and Recreation conference that we hope will bring back some fresh ideas as we continue moving forward though this year. It's always good to learn more about the recreation industry in general and I always find that these conferences bring great ideas from other similar centers in the area.

As always, we love your suggestions on any activities you'd like to see as well! Here's to longer, brighter days ahead!

Tiffany and Meghan ~

WLACC Newsletter:

Mieke Wiegman, *Volunteer Editor* miekew@comcast.net

The WLACC Newsletter editor reserves the right to edit, or shorten articles submitted.

Volunteer Corner: Looking for kitchen volunteers for regularly scheduled meals and volunteers willing to drive the WLACC Bus on regular outings. Please talk to Tiffany or Meghan about getting involved.

Community Update: Don't forget we have spots available for the next few **Lakewood Theater** shows, please check with the front desk to sign up today for show times and other requirements.




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Schedule of On-going Activities:

Please note that details may change after printing. Please confirm with the front desk for latest information on your chosen activity.

EXERCISE CLASSES:

Aerobics Class: Mondays, Wednesdays & Fridays 10:00-11:00pm. Join in on the fun with this video based morning aerobic class. What a great way to start your day! No Charge.

Gentle Yoga and Strength: Fridays 10:00-11:15am. If you love the stretch, strength, and balance of gentle yoga you will love this class. This class compliments the Tue/Thur gentle yoga class with the addition of meditation. Also included is ancient Chinese Qigong theory explaining the healing benefits of each pose along with numerous immune boosting Qigong forms to pump up your immune system during these trying times. Included is 15 minutes to one half hour of meditation. She can attest to the healing benefits of this ancient practice. Students should dress comfortably and bring a yoga mat and exercise band to class. 3/18-5/13. No class on 3/25th. \$60 for full term; \$9 drop in fee.

Move Well Yoga: Mondays & Wednesdays 8:30-9:30am. A slow-paced mix of gentle movements open to all levels, modifications offered, mostly floor poses, and some standing. Bring a Yoga mat & blocks. Drop-ins welcome class size permitting. Taught by Wendy Bless. M 2/28 thru W 4/27 (no classes week of 3/21). 8 weeks/16 classes = \$96. \$7.50 Drop In rate

Qigong classes for Spring-featuring Seven Day Liver Cleanse form: Mondays and Wednesdays 10:00am - 12:00pm. Qigong classes are taught by Master Qigong Teacher Lyndalea Ruffner who is certified by the Ling Gui International Healing Qigong School. Classes are held Monday and Wednesday mornings from 10am to noon. All classes include Qigong breathing, self-massage, immune boosting techniques, meditation, and skills to assist you in becoming your own best healer. Each Session will include a specific Qigong form. When Qigong is properly practiced it is extremely beneficial and presents minimal risk to one's health. Please consult your physician if you are in doubt of your capabilities.

– **Monday classes** featuring Seven Day Liver Cleanse. 3/14– 5/9. No classes the week of March 21st. \$65 full term; \$9 drop-in fee.

– **Wednesday classes** for Balance featuring Seven Day Liver Cleanse. 3/16 – 5/11 No classes the week of March 21st. \$65 full term; \$9 drop-in fee.
– Students attending both Monday and Wednesday classes \$120.

Walking Group: Mondays, Wednesdays and Fridays. Meeting point at the Center at 8:30-9:30am. Walk the neighborhood for about 3 miles with friends.

MUSIC:

Marimba Ensemble: Thursdays, 12:15-1:15pm. Gather together once each week to learn and perform repetitive aural patterns and melodic parts on the various Zimbabwean-style instruments in our ensemble. Our Instructor, Martin Sobelman, is a West Linn resident and an active music performer, conductor, and coach in the Portland Metro Area. During his 45 years of active teaching, he served students, schools, churches, and communities in California, Oregon, and New Zealand. \$15 per class.

GAMES:

(No charge unless otherwise noted)

Bridge: Mondays at 12:00-3:00pm and Tuesdays at 11:30am-3:00pm.

Hand and Foot: Mondays at 10:00-12:00am.

Pinochle: Tuesdays, Wednesdays and Fridays, 12:30-3:00pm.

Texas Hold 'Em: Fridays at 12:00 noon. (\$5 buy-in.)

Whist: Fridays at 10:00am.

Mah Jongg: Fridays at 12:00 noon.

SPECIAL INTEREST GROUPS/-OFFERINGS:

(No charge unless otherwise noted)

Adult coloring (art meditation): Thursdays from 1:00-3:00pm. Research shows that adult coloring has a de-stressing power and can be therapeutic to the older adult mind. Come join this activity and enjoy the relaxing benefits of coloring with friends. You may bring your own book or borrow one from us.

Knitting Group: Thursdays from 10:00-12:00pm. Do you enjoy good conversation while working on a project? Bring your knitting and/or crocheting and join this fun Thursday morning group. Any knowledge level is welcome.

SPECIAL INTEREST GROUPS/- OFFERINGS (Continued):

Footcare with Nurse Jan will now be the **1st and 3rd Tuesday of every month..** Call 503-557-4704 for an appointment. **Fee \$30.**

Open Painting: Fridays from 10:00-12:00pm. Bring your painting project and supplies and enjoy some social time while painting

your individual works together.

Wood Carving: Mondays at 9:00-12:00pm.

Writing – “Honoring Our Memories”: Tuesdays at 10:00-12:00pm. Topics vary. It may be fiction

or based on your own personal life experience. Writing about the past can be especially important for the future generations.

We always encourage suggestions of new activities. Call the Center at 503-557-4704 and we'll see what we can do!!

Four things to try this spring: We rounded up a few fun things to do around the Portland area during March and April.

April 7-9th – Quilt, Craft and Sewing Festival. Portland Expo Center. You will find a variety of sewing, quilting, needle-art and craft supply exhibits.

March 18-May 1st – Wooden Shoe Tulip Farm in Woodburn. See acres of tulips in full bloom.

Feb. 19-June 5th – Frida Kahlo, Diego Rivera and Mexican Modernism – Portland Art Museum

Crystal Springs Rhododendron Garden – Visit in April to catch it's collection of rare rhododendrons, azaleas and hybrids in full bloom. Includes waterfalls, picturesque bridges and tranquil Crystal Springs Lake.



MOVIE TUESDAY

March 15th
@ 1pm
SPENCER
Rated R
Run Time: 1h 57min
Popcorn & Refreshments Served

FREE TO ATTEND, BUT PLEASE RESERVE YOUR SPACE AT THE FRONT DESK OR CALL (503) 557-4704

City of West Linn
PARKS & RECREATION



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Spring Quiche with a hash brown crust – courtesy of Spoon Fork Bacon



Ingredients Hash Brown Crust:

20 ounces frozen hash browns, thawed; ½ cup shredded white cheddar; ½ teaspoon salt; ¼ teaspoon cracked black pepper.

Filling:

2 tablespoons unsalted butter; 3 shallots, each sliced into thin wedges; ½ pound asparagus, cut into 1 inch pieces; 6 large eggs, lightly beaten; ¾ cup heavy cream or whole milk; 1 cup shredded white cheddar cheese; 1 tablespoon minced thyme; salt and pepper to taste.

Instructions:

1) Squeeze as much liquid from the thawed hash browns as possible and place into a large mixing bowl. Add cheddar, salt and pepper and toss together.

2) Lightly grease a 9" spring form pan with cooking spray and evenly press the hash browns mixture into the bottom and sides of the pan, making sure there aren't any holes in the crust, which will cause leaking.

3) Place the crust in the freezer and freeze for 30 at least 30 minutes.

4) Preheat oven to 425°F.

5) Place frozen crust until the oven and par-bake for 15 minutes. Remove from oven and slightly cool.

6) In a skillet melt butter over medium heat. Add shallots and lightly caramelize for about 10 minutes. Add asparagus to skillet and continue to caramelize for 5 minutes. Season with salt and pepper. Remove from heat and set aside.

7) In a large mixing bowl, combine eggs and cream. Whisk together until light and fluffy.

Add remaining ingredients, including caramelized shallots and asparagus and stir together until completely combined. Season with salt and pepper.

8) Pour filling mixture into the par-baked crust and place into the oven.

9) Lower oven temperature to 375°F and bake the quiche for 25 to 30 minutes or until the eggs have barely set.

10) Remove quiche from oven and score the perimeter with a paring knife. Loosen spring form pan from sides of quiche and place quiche back into the oven for an additional 10 to 15 minutes. (this will help the crust get crisp on the sides.

11) Remove quiche from oven and cool for 10 minutes.

12) Slice quiches into wedges and serve.

Portland Senior Housing

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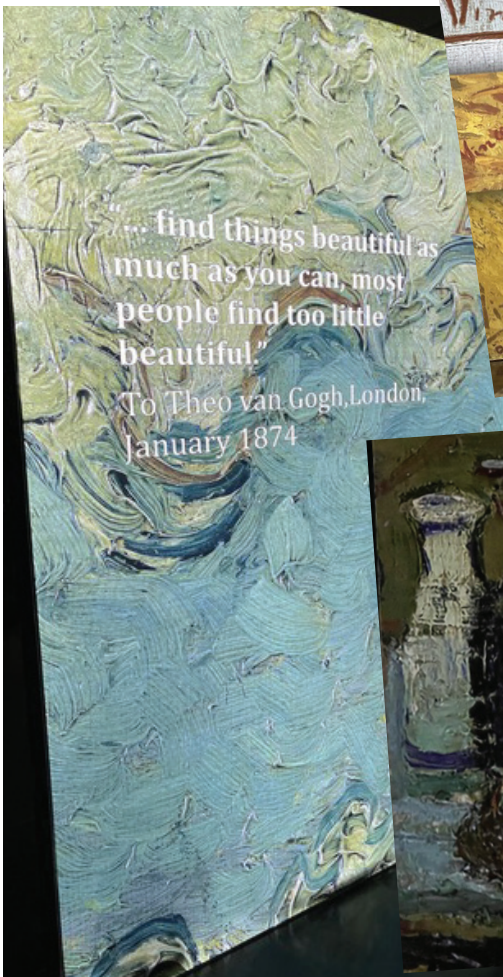


I'm dedicated to helping your family as if you were mine.



Lunch & Wine Tasting in Aurora, February 10th.

Photo's courtesy Dave Pitzer



Van Gogh Exhibit, January 26th at the Oregon Convention Center.



West Linn Adult Community Center

PRESENTS

St. Patrick's Day lunch

at

The Highland Stillhouse



Thursday, March 17th

**\$5 for transportation
11:45am-1:30pm**

RSVP at the front desk (503) 557-4704



CITY OF
**West
Linn**
PARKS &
RECREATION

West Linn Adult Community Center



PHOTOGRAPHY PRESENTATION

for camera phones or handheld cameras

**MARCH
29TH
1:00PM**

Taught by photographer Steven Conner

- Examine light to create texture, shape and depth.
- Controlling how the viewer perceives your photos.
- Add interest and excitement to your images.

COST: \$10

CITY OF
**West
Linn**
PARKS & RECREATION

Sign up at the front desk

WEST LINN ADULT COMMUNITY CENTER



**9:30 AM
TUESDAY &
THURSDAY**

Join us for Zumba Gold
A lower intensity version of
Zumba fitness!

Focus on balance, range of motion
and coordination specifically for older adults.
No experience required.

Special introductory rate for April dates!
April 19th, 21st, 26th & 28 for \$7 a class.
\$70 monthly or \$9 Drop-In Fee beginning May 3rd



ART EXPLORATION


WITH KATHLEEN ATKINS

Join us on a Journey through Mediums.
Come for informal classes in beginning Drawing and
Painting. No materials needed for first class, just
bring a soft pencil and paper will be provided.
Let Kathleen be your guide!

Every other Thursday,
starting April 7th & 21st
11-12pm in the Dining Room

Free to attend, no experience necessary.
Please RSVP at the front desk to reserve
your spot.

March 2022 West Linn Adult Community Center – (503) 557-4704

	1 TUESDAY 9:00- Foot Care by Appt. 10:00- Honoring Our Memo- ries Writing 10:00- Gentle Yoga and Strength 12:00 - Bridge 12:30- Pinochle 1:00 – Wills, Trusts & Estate Planning Presentation	2 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 10:00- Qigong 12:30- Pinochle	3 THURSDAY 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 1:00- Adult Coloring	4 FRIDAY 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 10:00 – Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg – Chinese & American 12:30- Pinochle
7 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	8 TUESDAY 10:00- Honoring Our Memo- ries Writing 10:00- Gentle Yoga and Strength 12:00 - Bridge 12:30- Pinochle	9 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:30- Pinochle 1:00 – Book Club: They Marched into Sunlight By David Maraniss	10 THURSDAY 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 1:00- Adult Coloring	11 FRIDAY 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese & American 12:30- Pinochle
14 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	15 TUESDAY 9:00- Foot Care by Appt. 10:00- Honoring Our Memo- ries Writing 10:00- Gentle Yoga and Strength 12:00 - Bridge 12:30- Pinochle 1:00- Movie Tuesdays: Spencer	16 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 10:00- Qigong 12:00 - LUNCH 12:30- Pinochle	17 THURSDAY 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 11:45 – Stillhouse Bus Trip 12:15- Marimba Ensemble 1:00- Adult Coloring 	18 FRIDAY 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 10:00 – Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese & American 12:30- Pinochle
21 MONDAY 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	22 TUESDAY 10:00- Honoring Our Memo- ries Writing 12:00 - Bridge 12:30- Pinochle	23 WEDNESDAY 8:30- Move Well Yoga 10:00- Aerobics 12:00 - LUNCH 12:30- Pinochle	24 THURSDAY 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 1:00- Adult Coloring	25 FRIDAY 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese & American 12:30- Pinochle
28 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	29 TUESDAY 10:00- Honoring Our Memo- ries Writing 10:00- Gentle Yoga and Strength 12:00 - Bridge 12:30- Pinochle 1:00- Photography Presenta- tion	30 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 12:00- LUNCH 12:30- Pinochle	31 THURSDAY 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 1:00- Adult Coloring	

April 2022 West Linn Adult Community Center – (503) 557-4704

				1 FRIDAY 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 10:00 – Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg – Chinese & American 12:30- Pinochle
4 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	5 TUESDAY 9:00- Foot Care by Appt. 10:00- Honoring Our Memories Writing 10:00 – Needle Felting Class 10:00- Gentle Yoga and Strength 12:00 - Bridge 12:30- Pinochle	6 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 12:00: LUNCH 12:30- Pinochle	7 THURSDAY 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 11:00 – Art Exploration with Kathleen 12:15- Marimba Ensemble 1:00- Adult Coloring	8 FRIDAY 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Gentle Yoga and Strength 10:00- Whist 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese & American 12:30- Pinochle
11 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	12 TUESDAY 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 12:00 - Bridge 12:30- Pinochle 1:00- Movie Tuesdays: The Upside	13 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 10:00- Qigong 12:00 - LUNCH 12:30- Pinochle 1:00 – Book Club: The Sweetness of Water By Nathan Harris	14 THURSDAY 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 1:00- Adult Coloring	15 FRIDAY 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 10:00 – Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese & American 12:30- Pinochle
18 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	19 TUESDAY 9:00- Foot Care by Appt. 9:30 – Zumba Gold 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 12:00 - Bridge 12:30- Pinochle	20 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 12:00: LUNCH 12:30- Pinochle	21 THURSDAY 9:30 – Zumba Gold 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:30- BUS TRIP: BAUMANS 11:00 – Art Exploration with Kathleen 1:00- Adult Coloring	22 FRIDAY 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 10:00 – Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese & American 12:30- Pinochle
25 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	26 TUESDAY BUS TRIP: CASINO 9:30 – Zumba Gold 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 12:00 - Bridge 12:30- Pinochle	27 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 12:00: LUNCH 12:30- Pinochle	28 THURSDAY 9:30 – Zumba Gold 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 1:00- Adult Coloring	29 FRIDAY 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 10:00 – Gentle Yoga and Strength 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese & American 12:30- Pinochle